

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST OF
TODAY'S CHAOS

Banana Ice Cream

Ingredients:

2 bananas-ripe

1 tablespoon milk --nonfat preferred

Directions:

Thin slice bananas -1/4 inch or less, then place in a freezer bag or container and put in freezer for at least 4 hours up to overnight. Place frozen bananas in a blender or food processor. Add milk. Blend until thick and creamy. At first the banana will look crumbly, then sticky, then creamy. Stir in any of the optional ingredients.

Optional ingredients include: 1 tablespoon peanut butter, chocolate hazelnut spread, cocoa powder, chocolate chips, or finely chopped fruit, fresh or dried.

Serve Immediately!

Source:<https://spendsmart.extension.iastate.edu/recipe/banana-ice-cream/>

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